



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

**Volume XXIII Issue XI**

**COMMUNITY EDITION**

**November 2017**

# What to Know about Diabetes

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise above normal. About 1 in 10 Americans, or around 30 million Americans, have diabetes. An estimated 84 million Americans are at risk for developing diabetes type 2.

## ***How diabetes works:***

Insulin is the key hormone in the body that works to let blood sugar into the body's cells. The cells then use this sugar as energy. A person who has diabetes either does not make enough insulin or cannot use the insulin it makes. When insulin is not doing its job, too much blood sugar stays in the bloodstream. Over time this can lead to health problems like heart disease, vision loss, eye complications, or kidney disease.

There are 3 main types of diabetes.

**Type 1 diabetes** is usually diagnosed in children and young adults. It is caused by a reaction that stops the body from making insulin. People with this type of diabetes will need to take insulin every day to survive.

**Type 2 diabetes** is where your body does not use insulin properly. It is the most common type of diabetes. Developing over many years, it is usually diagnosed in adults. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, like losing weight, eating healthy, and being physically active.

**Gestational diabetes** can develop during pregnancy in women who do not already have diabetes. Roughly 50% of women with gestational diabetes will go on to develop type 2 diabetes.

To find out if you have diabetes or prediabetes you will need to have your blood sugar tested. Testing is simple and can be performed at your healthcare provider's clinic.

Sources: American Diabetes Association [www.diabetes.org](http://www.diabetes.org); Center for Disease Control & Prevention [www.cdc.gov](http://www.cdc.gov)

*The mission of the Grant County Health Department is to  
promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Get the Scoop on Processed Foods

One of the best ways to eat healthfully is to choose foods with little or no processing such as fresh fruits, raw veggies and whole grains. Highly processed foods often contain added sugar or sodium which most Americans consume in excess.

Some processed foods can be healthy. The process of pasteurizing milk kills harmful bacteria. Frozen berries without added sugar may be less expensive than their fresh counterpart.

By focusing on small shifts in what we eat and drink, eating healthy becomes reasonable.

How can you be smart about shopping for foods in the MyPlate food groups and processed foods?

-Choose whole grain products in place of refined grain products.

-Use the ingredient list on food labels to find cereals, canned and frozen fruits and veggies and other foods without added sugar and salt.

-Shop the perimeter of the store where you will find fresh fruits and veggies and raw meats, poultry and seafood.

-Use common sense. A frozen veggie may be healthier (and more convenient) choice than a fresh vegetable that has been sitting in the refrigerator for a week.

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).



## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Nov 14th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Nov 16th**—Late Platteville Lutheran Church of Peace from 3:00pm to 6:30pm

**Nov 21st**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Nov 28th**—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

**Nov 30th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Dec 7th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Dec 12th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Dec 13th**—Fennimore United Methodist Church from 9:00am to 3:30pm



Grant County Health Dept will be closed on Nov 23rd, Dec 25th and Dec 26th for the holidays!

# How to Buy Toys That Are Safe For My Child?

Children can have a lot of fun playing with their toys. However, it's important to keep in mind that safety should always come first. Each year thousands of children are injured by toys. Here are 10 tips to help you choose safe and appropriate toys for your child.



**Read the label.** Warning labels give important information about how to use a toy and what ages the toy is safe for. Be sure to show your child how to use the toy the right way.

**Think LARGE.** Make sure all toys and parts are larger than your child's mouth to prevent choking.

**Avoid toys that shoot objects into the air.** They can cause serious eye injuries or choking.

**Avoid toys that are loud** to prevent damage to your child's hearing.

**Look for stuffed toys that are well made.** Make sure all the parts are on tight and seams and edges are secure. It should also be machine washable. Take off any loose ribbons or strings to avoid strangulation. Avoid toys that have small bean-like pellets or stuffing that can cause choking or suffocation if swallowed.

**Buy plastic toys that are sturdy.** Toys made from thin plastic may break easily.

**Avoid toys with toxic materials that could cause poisoning.** Make sure the label says "nontoxic."

**Avoid hobby kits and chemistry sets for any child younger than 12 years.** They can cause fires or explosions and may contain dangerous chemicals. Make sure your older child knows how to safely handle these kinds of toys.

**Electric toys should be "UL Approved."** Check the label to be sure.

**Be careful when buying crib toys.** Strings or wires should not hang into a crib. Crib toys should be removed as soon as your child can push up on his hands and knees.

## Gift Ideas By Age

Age recommendations on toys can be helpful because they offer guidelines on the following:

- The safety of the toy (for example, if there are any possible choking hazards)
- The ability of a child to play with the toy
- The ability of a child to understand how to use a toy
- The needs and interests at various levels of a child's development

### Important information about recalled toys

One of the goals of the Consumer Product Safety Commission (CPSC) is to protect consumers and families from dangerous toys. It sets up rules and guidelines to ensure products are safe and issues recalls of products if a problem is found. Toys are recalled for various reasons including unsafe lead levels, choking or fire hazards, or other problems that make them dangerous. Toys that are recalled should be removed right away. If you think your child has been exposed to a toy containing lead, ask your child's doctor about testing for elevated blood lead levels.

*Source: [healthychildren.org](http://healthychildren.org)*

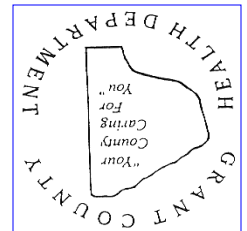


# Its not to late for Influenza Vaccine!

The Grant County Health Dept has influenza vaccine available at the Grant County Health Dept and all WIC clinics. A supply of quadrivalent vaccine and high dose flu vaccine is available for those 65 years of age and older. Vaccination is recommended for all persons aged  $\geq 6$  months unless there is a medical reason why vaccination is not recommended such as an allergy to one of the vaccine components.

Children under 9 years old receiving seasonal flu vaccine for the first time and those not completing a series in previous years may need a booster shot one month or more after the first shot to gain the highest level of protection. Grant County Health Dept has free flu vaccine available at these clinics for children on Medical Assistance/Badger Care or for children with no insurance coverage for influenza immunizations.

Grant County Health Dept is located at 111 South Jefferson St in Lancaster from 8:30 a.m. -12:00 p.m. and from 1:00 p.m. - 4:00 p.m (Monday through Friday). Influenza vaccine is available at all Grant County WIC Clinics.



Change Service Requested

Non-Profit Organization  
U.S. Postage  
PAID  
Lancaster, WI 53813  
Permit # 2

GRANT COUNTY HEALTH DEPARTMENT  
(608) 723-6416  
www.co.grant.wi.gov  
111 South Jefferson Street Floor 2  
Lancaster, WI 53813-1672